FILM. ELLIE KEMPER DOES 'SEX TAPE' BUT NOT TWITTER

PAGE 17

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Russia in crosshairs after MH17 shot down

PAGE 12

How your dining hall can help you cook

PAGES 14-15

Michael K. Williams on the message of 'Purge'

PAGE 18

New Jersey's Frazier fits right in with Reds

PAGE 24

Calls for investigation grow in chokehold case

Staten Island. Anger mounted this weekend over the death of Eric Garner, who allegedly died after being put in a chokehold by cops. Marchers took to the streets on Saturday and Sunday, demanding a full investigation. PAGE 02

Protesters carrying a banner with Eric Garner's name marched through the streets of Staten Island demanding justice on Saturday. / BESS ADLER, METRO

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1 NEWS

Today's tweet

"Brooklyn men really aren't good for your health."
@coco_dominic

Top 3

Trending online at Metro.us

1 'Charlie Sheen Taco Bell incident: Is it really an incident?'

2 'Watch a trailer for Season 4 of "Homeland"'

3 'VIDEO: Teen Make-A-Wish recipient plays with Seattle Sounders'

Protesters push probe into chokehold death

Members of the Staten Island community gather to say a prayer for justice for Eric Garner. Below, protesters rally in Staten Island over the weekend. / BESS ADLER, METRO

Staten Island. The investigation into Eric Garner's death continued Sunday.

Fallout after the death of a man in police custody continued over the weekend as officers and responding emergency workers were reassigned and protests took place across Staten Island.

The event led community members to demand answers and an independent investigation into the police department's reaction to the death of Eric Garner, who was allegedly selling loose cigarettes from a street corner.

Two police officers and four volunteer emergency workers responded to the scene on Thursday after cops subdued 43-year-old Eric Garner with what Police Commissioner Bill Bratton said appeared to be a chokehold. He died shortly after that.

Chokeholds have been banned as practice by police for 20 years, and the Civilian Complaint Review Board — which investigates public complaints about police — said over the weekend it would undertake an investigation into 1,022 chokehold allegations reported between 2009 and 2013. Fifty-eight chokehold incidents have been reported in 2014.

Investigators on Saturday identified Officer Daniel Pantaleo as the cop shown putting his arm around the 350-pound Garner's neck.

Pantaleo, who was reassigned to desk duty, had his badge and gun taken away while the case continues. A second member of the department, who has not been identified, was also put on desk duty.

Patrick Lynch, president of the Patrolmen's Benevolent Association, decried Pantaleo's reassignment, calling it an "unwarranted, knee-jerk reaction for political reasons."

On Sunday, Fire Department officials confirmed that four volunteer emergency workers were put on desk duty while the department investigates.

Community leaders rallied in Staten Island on Saturday and Sunday for a full investigation into Garner's death.

The Rev. Al Sharpton, who hosted Garner's wife at a rally on Saturday, preached from Riverside Church about the incident on Sunday.

"Even if police procedure doesn't kick in, when does your sense of humanity kick in?" Sharpton said.

Staten Island resident Al Jones said he hoped some good comes from Garner's death. "It can't happen again," Jones said. "It is so important for this to be made an example of."

Visit **Metro.us** to watch the video of Eric Garner and his arrest.

Garner's funeral

Garner's funeral service is set for Wednesday at Bethel Baptist Church in Brooklyn.

Police actions

No magic formula for excessive force

Cell phone video taken during Eric Garner's arrest show police struggling with the man as cops allegedly placed him in a chokehold.

While the move is banned by the police, the investigation will likely focus on whether or not the officer's move was considered excessive force.

Eugene O'Donnell, professor at the John Jay College of Criminal Justice, called Garner's death "an absolute tragedy."

Some people, he said, want there to be a magic formula or touch for cops to use on people who don't want to be arrested.

"There isn't," he said.

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Community outrage

"Police brutality has been going on for a very long time in Staten Island, and it needs to be addressed. This man had no weapons. He wasn't selling drugs. He wasn't hurting anybody. Why was he choked?"
Ferne Cannady, Staten Island

"I can't say I've seen police brutality firsthand, but the overall attitude with the NYPD is that they do whatever they want and let the judges deal with it. Hopefully, the people will stick together."
Charles Walker, Staten Island

"Police brutality has happened to me. No one is speaking up for us and nobody seems to care."
Yanick Jackson, Staten Island

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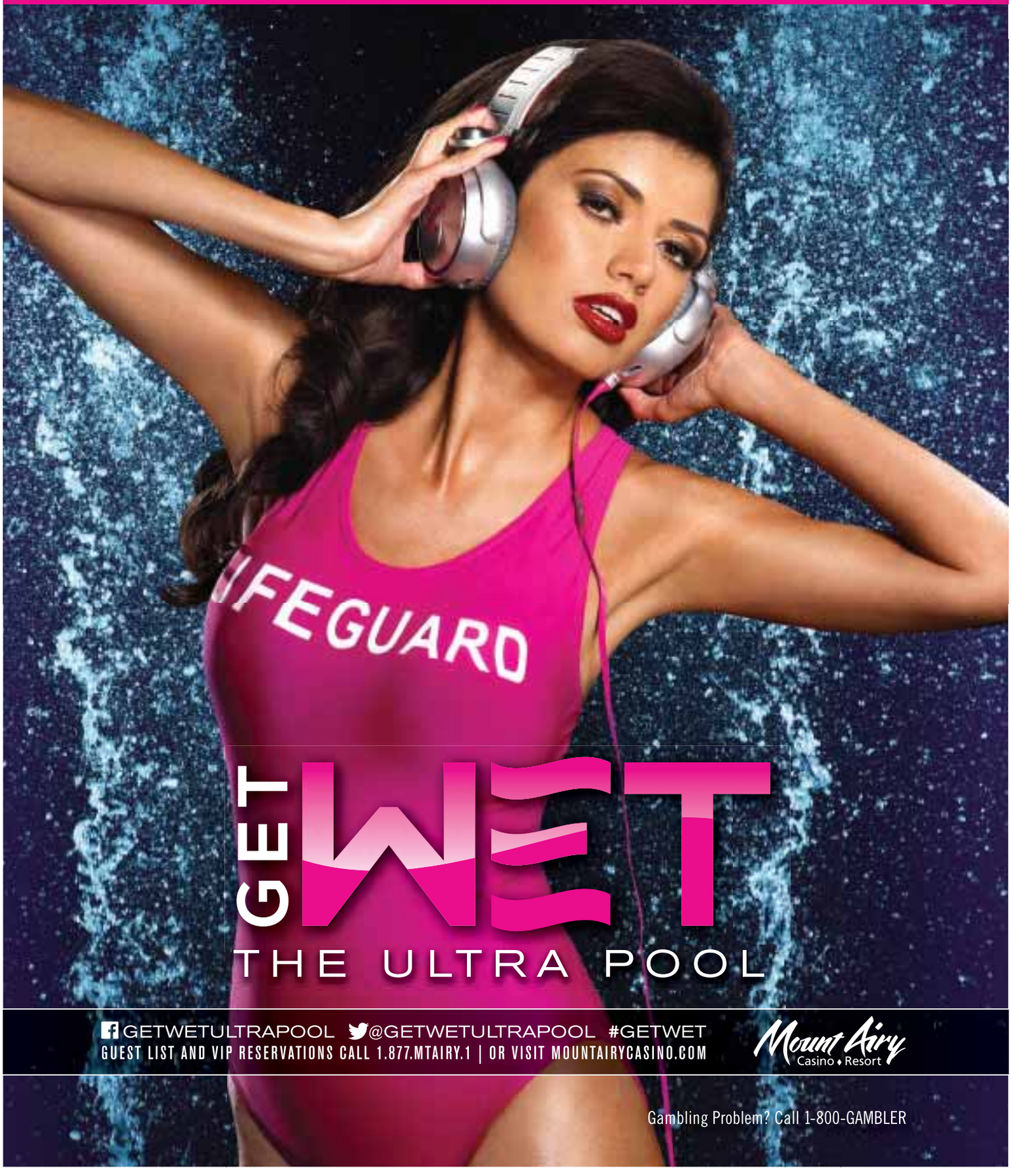

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Suspect turns himself in after hammer attack

Bronx. A man reportedly beat his friend over the weekend.

Investigation

Cops determined that Dilello, a Pelham Bay resident, was the suspected "friend" and believed he assaulted the man with a hammer, leaving him with multiple lacerations to his head.

- The reason for the assault remained unclear early Sunday, police said.

A man turned himself in to authorities Saturday after police said he beat second man with a hammer.

Michael Dilello, 43, turned himself over to police in the Bronx after investigators began looking for him on Friday.

Dilello's alleged victim, a 41-year-old man, left his Schuylerville home on Friday near midnight and told his wife that he was meeting a friend.

Three and a half hours later, however, the victim returned to his wife beaten, bruised and bleeding.

"I love you," the man said to his wife before he went unconscious.

Paramedics rushed him to Jacobi Medical Center, where doctors listed him in critical condition.

Michael Dilello / NYPD

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De Blasio and his family land in Italy

Mayor Bill de Blasio, with his family, visited the Sant Eustachio Cafe in Rome, Italy, on Sunday, right after they landed in the country for a 10-day vacation. He met with Rome Mayor Iganzio Marino later in the evening. / OFFICE OF THE MAYOR

Brooklyn

Armed carjacker steals two cars, crashes into three

A Queens man went on a carjacking crime spree on Saturday that sent an elderly man to the hospital.

Clinton Lawson, 30, is in custody after he allegedly started his spree at 5:25 p.m., when cops responded to a car crash and shots fired in Crown Heights.

Police arrived to find a man, 64, and his female passenger, 58, who they said were forced out of their 2010 Toyota Corolla by a firearm-flashing Lawson.

In the stolen car, Lawson reportedly ran into a 2014 Mercedes Benz. Its driver, a 75-year-old man, got out of the car and the supposed carjacker fired at him.

With the Corolla totaled, he approached a man and woman inside a 2003 Nissan Xterra.

Lawson allegedly forced a male driver and female passenger, both 27, out of the car. The suspect got into the SUV and collided with two cars on Rogers Avenue.

Police said Lawson then fled on foot and was arrested. CHESTER JESUS SORIA

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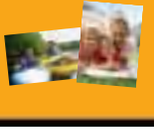

East Harlem

Cop's teeth broken during weed bust

A female police officer is healing after an unnamed man punched her in East Harlem on Sunday.

According to police, the officer and her partner were patrolling the Governor DeWitt Clinton Houses when they noticed four people at a building entrance at 1:30 a.m.

Authorities said three men and one woman were smoking marijuana, prompting the officers to arrest them.

While the cops were arresting the suspects, a male cold-cocked the unnamed female officer.

The officer hit her head and gave the suspects a window to flee from the scene.

The ailing cop was treated for broken teeth and head pain.

Investigators said the suspects remain on the loose. **METRO**

NYC. Changes come to E, F, M, R train service

Subway service changes are coming to four lines this week.

E, F, M and R train service will be affected by the weeknight changes from late Monday to Friday morning, according to the Metropolitan Transportation Authority. The disruptions, from 10 p.m. to 5 a.m. for four consecutive nights, are part of the MTA's FASTRACK subway maintenance, cleaning and repair program.

During that time, E trains won't run between the Roosevelt Avenue station in Jackson Heights, Queens, and World Trade Center station.

The F line will be suspended between Roosevelt Avenue and 21 Street-Queensbridge. M service between 71 Avenue and Essex Street will end early each night.

R service will also end early between 71 Avenue and Whitehall Street.

ANNA SANDERS

The F train / AARON ADLER, METRO

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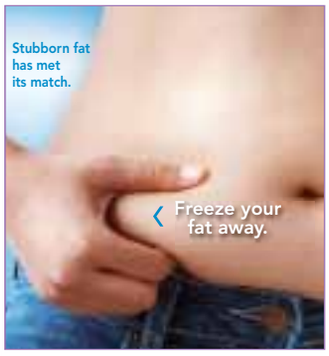
- Along Eighth Avenue, take the A local or C instead of the E.
- Along 53rd Street, the D and nearby 6 and N stations are available.
- Free shuttle buses will also run locally between Queensboro Plaza and 74 Street-Roosevelt Avenue.



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US debates the next lunar step 45 years after Apollo landing

Cape Canaveral. Experts say a viable and sustainable path would be to return to the moon.

NASA photo shows one of the astronauts of the Apollo 12 space mission on the moon standing by the U.S. flag. / GETTY IMAGES

Forty-five years after the first Apollo lunar landing, the United States remains divided about the moon's role in future human space exploration.

Ten more U.S. astronauts followed Neil Armstrong and Buzz Aldrin's July 20, 1969, visit to the moon before the Apollo program was canceled in 1972.

The most recent effort to return astronauts to the moon ended in 2010 when President Obama axed an underfunded program of the previous administration. Instead, NASA was directed to begin planning for a human expedition to an asteroid. That initiative is slated for 2025.

Astronauts would then rendezvous with the relocated asteroid and pick up samples for return to Earth. REUTERS

Space travel

11

Under current plans, it will be another 11 years before U.S. astronauts travel beyond the International Space Station.

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'Rockford Files'

Actor James Garner dead at 86

Actor James Garner, best known for his prime-time television roles as the wisecracking frontier gambler on "Maverick" and as an ex-con turned private eye on "The Rockford Files," has died at age 86, Los Angeles police confirmed early on Sunday.

Garner, who built a six-decade career playing ruggedly charming, good-natured anti-heroes and received the highest honor of the Screen Actors Guild in 2004, was found dead from natural causes on Saturday night at his Los Angeles home, according to police.

There were no further details available on the circumstances of his death. REUTERS

MH17. UN mulls vote on crash site access

The U.N. Security Council is considering a draft resolution to condemn the "shooting down" of a Malaysian passenger plane in Ukraine, demand armed groups allow access to the crash site and call on states in the region to cooperate with an international investigation.

Australia — which lost 28 citizens — circulated a draft text, seen by Reuters, to the 15-member Security Council late on Saturday and diplomats, speaking on condition of anonymity, said it could be put to a vote as early as today.

The draft resolution "demands that those responsible for this incident be held to account and that all states cooperate fully with efforts to establish accountability."

It "condemns in the strongest terms the shooting down [of] Malaysia Airlines flight MH17 ... resulting in the tragic loss of 298 lives" and "demands that all states and other actors in the region refrain from acts of violence directed against civilian aircraft."

The United States and other powers have said the plane was likely brought down on Thursday by a surface-to-air missile fired from rebel territory. REUTERS

Armed pro-Russian separatists stand guard near a piece of the wreckage of the Malaysia Airlines Flight MH17, near the village of Grabove, in the region of Donetsk. / GETTY IMAGES

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Netherlands cities mourn the dead

Holland. Nearly 200 Dutch citizens died when MH17 was shot down.

Dutch citizens carry photos, candles and flowers to mourn the death of their friends and family aboard MH17. / GERTJAN KOOIJ - AWFOTO

A sea of flowers at Schiphol Airport. / GETTY IMAGES

A table with flowers and candles stands in front of the supermarket. The photos of Frederique and Robert-Jan van Zijtveld, a brother and sister ages 19 and 18, are shown. The Dutch town of Vleuten, a suburb of Utrecht, is struck with grief because of the death of the two teenagers.

"We knew very quickly that something was terribly wrong," says manager Mischa Verzuu. "Robert-Jan and Frederique worked here with a very close group of friends. They knew the flight number; they knew their friends were on the plane. As soon as we knew for sure, their friends said they wanted to have a march to remember them."

Frederique and Robert-Jan where on vacation — a special trip they took with their grandparents. The destination was Bali, Indonesia, where their family is originally from. But instead of the tropical island of their ancestors, their journey ended in an Ukrainian field.

It's Saturday at 10:30 p.m., and the parking lot next to the supermarket is packed with people. Friends, classmates and colleagues gather to march in silence.

"I don't know what to do with myself," a girl cries out while holding a friend. Most girls, their eyes red with tears, are holding each other. The boys, dressed in black, try to keep their cool as long as they can, staring off in the distance.

"Everybody knows each other in this town," Miss Debipersad says. She's been living in Vleuten for years and knows the family well. "My granddaughter works with them. She's only 18 and hardly able to grasp what happened. Neither am I. In desperate times like these, we support each other. Lets hope we don't get rain tonight," she says, looking out at the clouds.

The turnout is overwhelming. More than 1,000 people come out to pay their respects. Neighbors stand in front of their houses, silently watching the crowd. When they start to march, holding candles in their hands, rain starts to fall from the summer sky.

Young adults

80

Summer vacation just started in the Netherlands, and MH17 from Amsterdam to Kuala Lumpur was a vacation flight, packed with young people. Eighty victims where under the age of 20.

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Diabetes

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Foot Pain

Malaysia Airlines

Kerry says missile brought from Russia downed jet

Secretary of State John Kerry laid out on Sunday what he called overwhelming evidence of Russian complicity in the downing of Malaysia Airlines flight MH17 and called rebels' behavior "grotesque."

Kerry expressed horror at how pro-Moscow separatists at the crash sites in eastern Ukraine treated the remains of victims from Thursday's disaster, criticized Russian President Vladimir Putin and threatened "additional steps" against Moscow.

At the biggest crash site, where emergency workers had bagged dozens of bodies on Saturday, all had been removed on Sunday morning. Blood-stained military stretchers that had carried them lay empty by the road.

REUTERS

Quoted

"What's happening is really grotesque, and it is contrary to everything President Putin and Russia said they would do."

Kerry said on NBC television

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School's letter about test scores goes viral

Testing. A U.K. primary school was overwhelmed with positive responses to this message to families.

For students and parents who constantly hear about the importance of standardized tests, it can be hard to find the right balance between valuing good scores versus a good education.

One primary school in the U.K. recently decided to assure its students that standardized tests aren't everything in a letter — and that note quickly went viral. Administrators at the Barrowford Primary School sent the letter along with the results of Britain's KS2 exam, which tests math, reading, spelling, punctuation and grammar skills.

There are many ways to measure an education. / FUSE

Quoted

"These tests do not always assess all of what it is that make each of you special and unique. The people who create these tests and score them do not know each of you the way your teachers do."

A letter to students from the U.K.'s Barrowford Primary School

"These tests do not always assess all of what it is that make each of you special and unique," the letter reads. "The people who create these tests and score them do not know each of you the way your teachers do ... and certainly not the way your families do."

The school has said the text of the letter was inspired by a piece by education writer Kimberly Hurd Horst, who wrote about the topic on her Seeds of Learning blog.

"So enjoy your test results and be very proud of these, but remember there are many ways of being smart," the letter concludes.

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A new school in the Financial District

Jennifer Jones, founder of Green Ivy Schools, officially opened Pine Street School last Thursday. Pine Street School will offer a Montessori-infused International Baccalaureate education program and is currently enrolling preschool and early elementary students. METRO

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Dining

Campus food. Tired of your school's regular menu? A new cookbook is here to help.

College is often a time when students find their passions in life. Some people discover that they have a head for business, others for foreign languages.

Priya Krishna found the world of college food services.

"People do things like lacrosse in college, and I ended up doing dining halls," Krishna, a recent Dartmouth College grad, says with a laugh. Her new book, "Ultimate Dining Hall Hacks," promises readers that they can learn how to create tasty dishes by using ingredients found through their meal plans.

Krishna says her culinary experiments began shortly after she entered her freshman year. She was eating dinner with her older sister — a fellow Dartmouth alum — when she began wondering if other students would be interested in trying her improvised recipes. She decided to start of

Tip

Cooking for beginners

Krishna says that cooks who are just starting out should think simple. "Figure out the flavors that you really like and go from there," she suggests. "You'll get more complex with time."

Priya Krishna
PROVIDED

Recipe. Balsamic Caprese Chicken

Ingredients

- Balsamic vinegar
- Olive oil
- Sugar
- Grilled chicken
- Mozzarella
- Tomato slice
- Pesto

Want to try your hand at one of Krishna's creations? She shares her recipe for Balsamic Caprese Chicken with Metro readers.

Directions:

1 Mix together balsamic vinegar, olive oil and a pinch of sugar in a bowl.

2 Drizzle half of the dressing over a piece of grilled chicken

3 Top the chicken with a piece of mozzarella, the tomato slice and some pesto.

4 Drizzle the rest of the dressing on top of the mozzarella.

— Excerpted from "Ultimate Dining Hall Hacks" by Priya Krishna and used with permission from Storey Publishing

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hall hacks

Who says campus food can't be tasty? / WAVEBREAK MEDIA

a regular column in the student newspaper. Each week, Krishna would share recipes for everything from chicken and waffles to Southern poutine.

One of her very first pieces — a column on how to make a quesadilla out of 75 cents' worth of dining hall credits — became something of a campus sensation, and Dartmouth eventually hired Krishna to be a dining hall consultant.

Krishna began to get more ideas about how to make campus food better as she learned more about the inner workings of the system.

"Whenever I would visit friends at other schools, I'd make them take me to the dining hall," Krishna recalls. "The best thing a dining hall can do is provide as many a la carte items as possible." She points out that having options like a variety of sauces can really liven up a dish.

While campus food largely has a reputation for being less than stellar, Krishna says campus food often gets a bad rap: "Dining halls have largely been overlooked. But they are innovating at a really fast pace."

You'd think that someone so entrenched in the food world would have grown up cooking, but Krishna says that wasn't quite the case during her childhood in Texas. "I did a lot of watching my mother cook," she says. "I would sit perched on the counter doing my homework while she cooked."

Although she's left campus life behind, Krishna says her dining hall hacks have served her well in the real world. "I make some of the recipes really often," she says. "I almost feel like I use them the same amount that I did in school."

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Gifts

The perfect care package

Thinking of sending some ingredients to the students in your life? Krishna suggests thinking of any unique family spices or sauces that are easy to ship. "And if you are overnighting the package, I suggest sending some fancy cheeses and things like homemade pesto," she says.

Visit **Metro.us** for Priya Krishna's recipe for chicken pot pie.

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2 CULTURE

1

Jane Lynch shares what she thinks stinks

We met up with Jane Lynch last week, as the actress was using her summer break from "Glee" to promote Febreze. Sure, she shared some anecdotes that she might not have if the company wasn't paying her, but there was one departure from the script that we thought was funny enough to include here. When we asked her about the worst smell she ever encountered, she ended up dissing big department stores and making fun of the most powerful couple in music: "When you go to Macy's or Bloomingdale's and someone is standing there with perfume, and they spray you without you really saying 'yes.' You kind of smile at them, and they take that for a 'yes' and they spray you with Beyonce's new scent, which you're not interested in at all, and then you have it on all day. I've had to go home and change my clothes because of that. I had Beyonce all over me! Please don't write this, because her husband will come after me, or the sister in an elevator." LASSE E. KRISTIANSEN

THE WORD

Ned Ehrbar takes on the world of gossip.

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Lohan just keeps coming back, but without a comeback

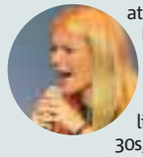
2

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, "Mean Girls," that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held onto the promise that "Mean Girls" created. And now she's been feted at the Ischia Global Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's "Speed-the-Plow" on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback.

Talking point

3

Paltrow back on the dating scene



Gwyneth Paltrow seems to maybe not be reconciling with husband Chris Martin after all, despite recently being spotted with him "operating like a couple" in the Hamptons. She was spotted even more recently on a date with a "hot young guy" at NYC restaurant Narcissa, according to Page Six. "He had curly, shaggy hair and looked like he was in his 30s," a source says. "I think they may have been holding hands."

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Let's get awkward

Interview. Ellie Kemper was not prepared for the weird questions that come with a role in "Sex Tape."

Ellie Kemper, of "The Office" and "Bridesmaids" fame, knows how to steer a conversation. When talking about the awkward questions that come up regarding "Sex Tape" — in which she plays the friend of a couple (Cameron Diaz and Jason Segel) who actually make one — things quickly got weird.

You're probably fielding a lot of inappropriate questions because of the theme of this movie, huh?
It didn't really occur to me, stupidly, until today: "I guess there are going to be a lot of questions about sex tapes, aren't there?" They haven't been too bad.

I haven't made any sex tapes, so I haven't had to bring any up.

That's convenient.
That's very convenient. I planned that. But it hasn't been too bad. There's been some questions about sex tapes in our culture, but I don't have such great insight into that. [Laughs] I think some people want them to be leaked, and that's one thing. But if you are doing something like that and you never want anyone to see it, then you shouldn't do it in the first place. [Laughs]

You've been doing well in comedy. Is there a plan in place for you?
When you're starting out, you think, "I would love a job that pays." And it seems strange to ever say no to any project that comes up, but the general idea that I have right now is to keep doing projects that involve great people, because it's a proven recipe for success. So if there's someone you want to work with, it doesn't totally matter what the content is, because it will always yield a better experience and a better product.

Do you see yourself moving out of comedy?
I hope this doesn't make me shallow, but I don't have an interest in doing that right now. I love comedy. I have fun doing it, so I don't feel like I want to be [moving away from it] just yet. But maybe in the second half of my life I will turn all drama, all the time. We'll see.

So you know exactly when the midway point of your life is?
Yup. I'm actually living to 104, so when I'm 52, it's only going to be serial killers and rapists for me. But they still retain a youthful air.

Socializing media

You're not on Twitter, are you?
I'm not, and it sort of is a conscious decision. I know how I react to things, and I worry that I wouldn't be able to handle Twitter; I would get too involved. It takes up a lot of time. I think that I wouldn't be able to put it away for the night.

Better to keep your sanity, then.
Yeah. Every now and then I say, "I would like to tweet that!" But then I think, "Ugh, but then you'd have to tweet again in an hour."

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ELLIE KEMPER PLAYS THE FRIEND OF A COUPLE WHO RECORD THEIR LOVIN' IN "SEX TAPE."
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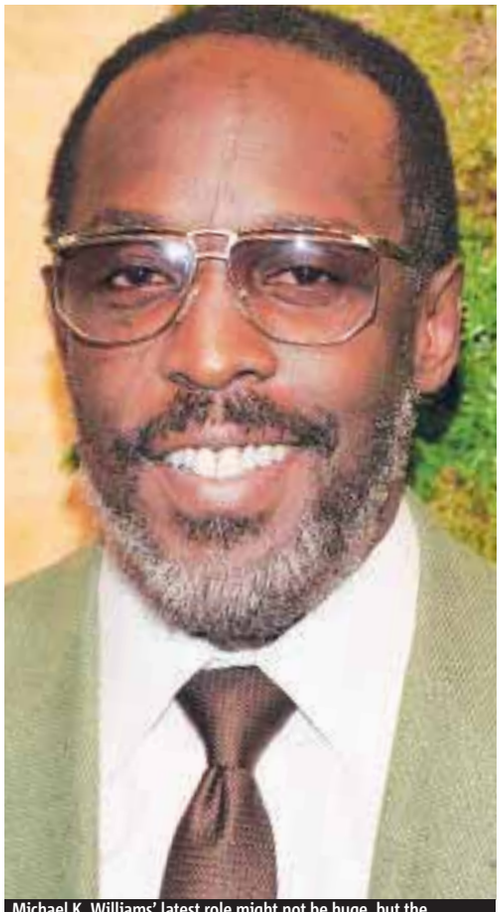

Michael K. Williams' latest role might not be huge, but the message his character has is pretty timely. / GETTY IMAGES

Omar Little lives!

Interview. Michael K. Williams says he really admired his revolutionary in "The Purge: Anarchy."

Michael K. Williams is best known as Omar Little, the charismatic hood in "The Wire." The actor's latest is a small but key role in "The Purge: Anarchy," in which he plays a revolutionary trying to spread awareness of the real meaning behind the annual holiday: that most of the people being killed are poor. This, he says, isn't too far from reality.

Your character gets to be the voice of reason.
He's a mixture of Malcolm X, Huey Newton and Tupac Shakur. He's smart, he's outspoken, he's brave, he's honest. I felt like he was informing me about what's really going on in the world. He speaks to the downtrodden, the have-nots, the people who don't have a voice. His words and writing drew me to the project.

Did the first 'Purge' — which is a critique of blood lust in the moneyed suburbs — speak to you as well?
I loved it, but there was an elephant in the room that it did not address — that all the poor people were the ones being purged.

How do you think this film speaks to low-income communities?
We're living in a sort of "Purge," with … the economic divide, the haves and have-nots and the middle class being eradicated. People aren't surviving. … They can't feed their families; they're eating cat food for dinner. It's like a slow-motion "Purge" happening right now.

Harsh times

Farewell to arms

This film also speaks to America's unhealthy gun culture.
There have been 74 school shootings since Sandy Hook. I'm not talking about all the other crap that goes on in the streets. There have been 74 school shootings since Sandy Hook. We got a problem.

All President Obama was saying is: Get a background check. He's not trying to take anybody's guns. He was saying if you're on record as having mental illness or have a violent past, it shouldn't be that easy to just buy a gun — especially if you have both.

This film is definitely talking about the level of violence we are obsessed with. It's funny when people get 12 hours to purge and guns are the first thing they turn to. How far away we are from that in reality is the question.

Williams plays a revolutionary against the titular Purge in "The Purge: Anarchy." JUSTIN LUBIN, UNIVERSAL PICTURES

Return to the 36 Chambers

"It's going great. We have a director, and we're looking for a co-lead opposite to play Jared, the manager. It's looking like it might come together in the fall."

Williams, about working on a biopic about Ol' Dirty Bastard in which he plans to star

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"Planet of the Apes" chimp Caesar (Andy Serkis) once again reigns supreme. / WETA

'Apes' rules the screen

Box office. Three newcomers failed to beat "Dawn of the Planet of the Apes"in ticket sales.

Sci-fi sequel "Dawn of the Planet of the Apes" trounced a new horror flick, an animated family film and an adult comedy to keep its grip on the U.S. and Canadian box office title for a second straight weekend.

"Apes" collected $36 million in domestic ticket sales from Friday through Sunday, according to estimates from Rentrak, only the second summer film to top the box office for two consecutive weekends. Low-budget horror film "The Purge: Anarchy" finished in second place with $28.4 million.

Another new release, Walt Disney's animated "Planes: Fire & Rescue," grabbed third place with $18 million, while the comedy "Sex Tape" took in $15 million for the No. 4 spot.

"Apes," a sequel to the 2011 franchise reboot "Rise of the Planet of the Apes," has rung up some $242 million worldwide since its July 11 debut, according to distributor 20th Century Fox, a unit of Twenty-First Century Fox. The movie stars Andy Serkis as Caesar, a brainy ape who leads the interactions with humans in the battle for dominance.

"The Purge: Anarchy," a follow-up to 2013 summer hit "The Purge," tells the story of a couple whose car breaks down at the start of an annual purge, a 12-hour period in which crime is legal. Produced for $9 million, it ranks as another successful, inexpensive movie produced by horror filmmaker Jason Blum.

"This is going to be a super-profitable film for the studio," said Nikki Rocco, president for domestic distribution at Universal Pictures, the Comcast Corp. unit that released the film.

Noting that "the market has been depressed for these kinds of films," Rocco added that the solid $28 million opening "was better than we would have hoped for."

The $50 million "Planes: Fire & Rescue," another sequel, features the voice of comedian and actor Dane Cook as a crop-dusting plane that joins forces with a team of rescue vehicles to fight a wildfire, and follows last summer's "Planes," a spin-off of Disney's blockbuster "Cars" films. **REUTERS**

Top 5 earners

1. 'Dawn of the Planet of the Apes,' $36 million
2. 'The Purge: Anarchy,' $28.4 million
3. 'Planes: Fire & Rescue,' $18 million
4. 'Sex Tape,' $15 million
5. 'Transformers: Age of Extinction,' $10 million

TV watch list

DOCUMENTARY

'POV'

Filed under "things you didn't know existed," this episode looks at professional ballroom dancing in Denmark, where participants often import partners from other countries. We did the same thing for prom. **10 P.M., PBS**

CHRIS PRATT FANS SHOULD PROBABLY CHECK OUT JIMMY KIMMEL TONIGHT. GETTY IMAGES

COMEDY

'Jimmy Kimmel Live!'

Jimmy's got the entire cast of "Guardians of the Galaxy" appearing, so be sure to tune in if you've been hunting down every new trailer for that movie. **11:35 P.M., ABC**

REALITY

'The Bachelorette: The Men Tell All'

Bachelorette Andi Dorfman and 16 of her rejected true loves discuss the show. There's also a blooper reel to lighten things up and a sneak peek of the finale. **8 P.M., ABC**

LISA WEIDENFELD

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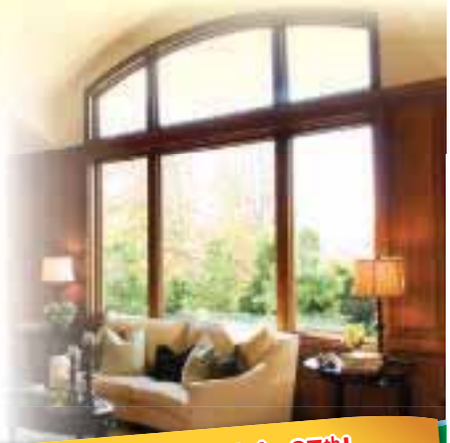

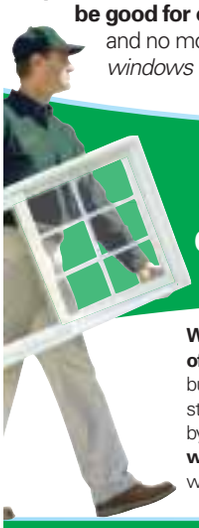

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PLUS

Beyond fitness

How would you describe swimming?

Freedom: The feeling of being in water is unlike anything else; you can't replicate it. I go into my own world. And it's just kind of the weightlessness, which is kind of how I imagine space would feel.

'Swimming is escapism'

Rebecca Adlington. Britain's most successful swimmer talks to Metro about Spanx, wanting gills and how being in the water feels like being in space.

Rebecca Adlington was just 19 years old when she won two gold medals at the 2008 Olympic Games in Beijing, breaking the world record for the 800m. She's now 25 and retired, but that doesn't mean she's taking her swim goggles off just yet.

This summer, she'll be teaming up with the SwimBritain campaign, an initiative aimed at increasing awareness about the mental and physical health benefits of swimming.

She tells Metro why this sport is the love of her life — and better than taking antidepressants.

According to new research, swimming is an extremely effective sleep aid and feel-good cure. In that case, shouldn't insomniacs and people suffering from depression be able to get indoor pools built in their homes or a free subscription to their local swimming club?

I don't know how we'd go about funding that. But it would be better than pills, if you've tried every other avenue.

That same study claims that swimming just a few laps a week can decrease negative emotions by a third. Having been the victim of negative attention by Twitter trolls, would you say that swimming is what helped you deal with their 'virtual abuse'?

It definitely gave me my confidence and my escapism. It's a huge part and love of my life. It's nice to be in a pool with your own thoughts and being able to process things, and understand what's going on. It can give you that kind of peace.

It's also meant to make

Rebecca Adlington might be retired, but she's still swimming.
GETTY IMAGES

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Start small

"For most people, swimming for 30 minutes twice a week is a really good start." Adlington

people less grumpy. Does that make it OK to push annoying people in the pool?
People are grumpy for a reason! If you've just broken up with your partner, then it's probably not going to cheer you up. But I know that for me, if I'm feeling a bit lethargic and urgh, it helps me to clear the cobwebs away, think about things and come up with solutions.

A lot of people would rather go jogging or ride a bicycle – and wear leggings and baggy workout clothes – because they're insecure about the way they look in a swimsuit.
You go to the pool to escape, not to look or stare at other people. As soon as you hop in, no one's going to see you anyway. It's also about getting the right swimming gear. A lot of swimsuits now have a lot of support; Speedo has a range that does this tummy tuck sort of thing. Like Spanx, but not as tight.

How many laps do you have to swim before you have to crawl out of the pool?
I can obviously keep going quite a way. ... I do 2,000 meters and [then I'm] done. I might stop to have a drink, change stroke or clear goggles. But I'd say that for most people, swimming for 30 minutes twice a week is a really good start.

Would you say swimming is more of a sport or a therapy for you?
When I competed it was definitely a sport. But it's now more about leisure; I don't even try and swim fast anymore. I struggled with motivation right after the Olympic Games because my body was sick of exercising. So I gave it a good six months of not being in a pool. I took that time out to mentally and physically debrief; I had to learn it wasn't a race.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Fish envy

If you could be a fish, or any other sea creature, what would you want to be?
I've not really thought about it. ... I guess a dolphin? I don't really like fish. Well, I like them, but I don't eat them, so I don't know much about that.

What puts you off them so much?
I guess it's just like eating my own kind.

And if you could have one of their physical characteristics?
Gills. Because we can put flippers and fins on, but breathing underwater is something we cannot replicate.

COLOURBOX

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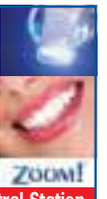

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- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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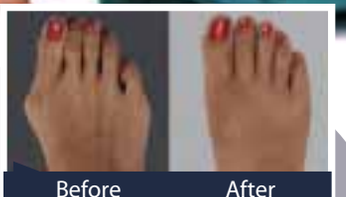

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Tips for climbing the corporate ladder

Career road map. Here's how young employees can develop gravitas.

There are certain pieces of advice that almost every young entry-level worker gets used to hearing: Look professional at all times, speak confidently, be authoritative.

What's less clear is how a young worker can actually develop these skills.

In her new book, "Executive Presence: The Missing Link Between Merit and Success," economist and founder of the Center for Talent Innovation Sylvia Ann Hewlett guides readers through how they can appear more confident and successful in the workplace.

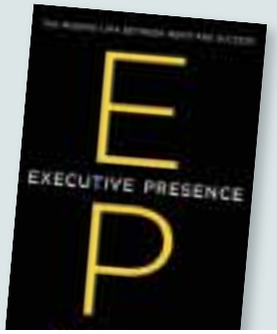
"If you are the most junior person on the team, you have to prove that you have the right to be there," Hewlett says.

Read on for some pointers from Hewlett for workers who are looking to learn how they can get ahead.

Tip No. 5

Learn from the experts

For those looking to further practice how to develop an executive presence, Hewlett also recommends watching TED Talks to see how well-known experts manage to explain complex topics in 20 minutes or less.



No. 6

Find people in the office you can model

Is there someone in the office who always seems to say and do the right thing? "Find a role model who you think cracks the code," Hewlett recommends.

Dreaming of getting a corner office? Use these tips to help make that a reality. / DIGITAL VISION

1 Communication is key. Regardless of what field you are in, the ability to present your thoughts clearly is essential. "It's learning how to be concise," she says. "Make sure that you are contributing something that is fresh and new."

2 Watch your tone. Your voice can give away a lack of experience or indicate anxiety. "The clarity and pitch of your voice is important," she says.

Hewlett recommends practicing keeping your voice level and cutting down on "up talk," which is when speakers raise their voices at the end of a sentence.

3 Practice, practice, practice. The key to learning how to speak confidently is repetition, says Hewlett. A good idea is to record yourself speaking as you would at a team meeting. "You can get a friend and practice together," Hewlett says. "Practice how you can boil down your thoughts in a concise way."

4 Be present. Leave your smartphone behind when attending meetings to avoid the temptation of looking at it. "Team leaders hate it when people show up and seem distracted," she says. "To appear focused and to appear available is half the battle."

Tip No. 7

Don't look at your notes

One of the keys to appearing knowledgeable is to be able to speak without relying on things like PowerPoint and notes. "I'm not saying never use notes," says Hewlett. "But use [PowerPoint] sparingly. Be prepared to make your points without reading them. Tell stories. Make eye contact."

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Horoscope

♋ Cancer | June 21-July 22. A miscommunication could hurt someone's feelings, but a truthful dialogue will strengthen a relationship.

♌ Leo | July 23-Aug. 22. You will be pleasantly surprised if you choose to join a serious-minded organization. Your long list of accomplishments will make you feel proud.

♍ Virgo | Aug. 23-Sept. 22. Look before you leap. Although you may have several interests in common with a new acquaintance, you should take time to investigate problems.

♎ Libra | Sept. 23-Oct. 22. Relationships with family members will try your patience. Avoid unpleasant confrontations. Opt to spend time with peers.

♏ Scorpio | Oct. 23-Nov. 21. Your curiosity will be stimulated by exotic destinations. Even if a trip is not currently possible, there are many cultural activities.

♐ Sagittarius | Nov. 22-Dec. 21. Don't let another's opinion cause you to change your career direction. Do what's best for you. Consider all of your options.

♑ Capricorn | Dec. 22-Jan. 20. Turmoil is likely to disrupt your life. Take a step back and re-evaluate your current situation. An objective view will be the key.

♒ Aquarius | Jan. 21-Feb. 18. You will have a much better chance of reaching your goal if you keep your plans a secret. Wait until you are fully prepared.

♓ Pisces | Feb. 19-March 20. Focus on social or humanitarian events. Your persistence will enable you to persuade others to join in the cause that you're championing.

♈ Aries | March 21-April 20. You may be frustrated, but don't let problems at work interfere with your home life. Whatever the issue, do your best.

♉ Taurus | April 21-May 21. After working hard, you deserve some downtime. A day of pampering will help prepare you for your next challenge.

♊ Gemini | May 22-June 20. A joint moneymaking scheme may tempt you, but you should hold back. You will do better sticking to conservative investments. BERNICE BEDE OSOL

Sudoku: Easy and hard

			9		1	5		
7	6						9	4
		9					2	6
	5	2		3		7		
	3			9			6	
		1		8		3	5	
4	7					9		
5	2						4	7
		8	7		6			

8		5	9				1	
7						9		3
		6	3		5			
5			2	3	8		9	
				7				
	6		5	9	1			7
			8		3	2		
3		2						1
	5				4	8		9

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Courting their own agendas

Re: 'When you can't please everyone' (Metro, July 17-20) Columnist Tom Foreman's comparison of the Supreme Court to "referees" implies a level of impartiality that the Court often fails to exhibit. The justices are political appointees, and from Dred Scott down to Citizens United they have usually supported the views and agenda of whoever appointed them (there have been notable exceptions, but not on the present court). It's impossible to read the "logic" behind Bush v. Gore and not realize that this has always been mostly a bunch of political hacks, no matter which side.
HARVEY WACHTEL, VIA EMAIL

Have a heart

The current border crisis, where thousands of children are coming to escape violence and poverty in their home countries, is shaping up to be a dark chapter in our nation's history. It continues to amaze me how the supposedly "great" people of this nation have hardened their hearts so thoroughly to innocent children. The reaction I always hope to see is for love and compassion for fellow humans to rule over fear and hatred of the "other," but it seems this will not be the case.
ANNIE J. FERRIS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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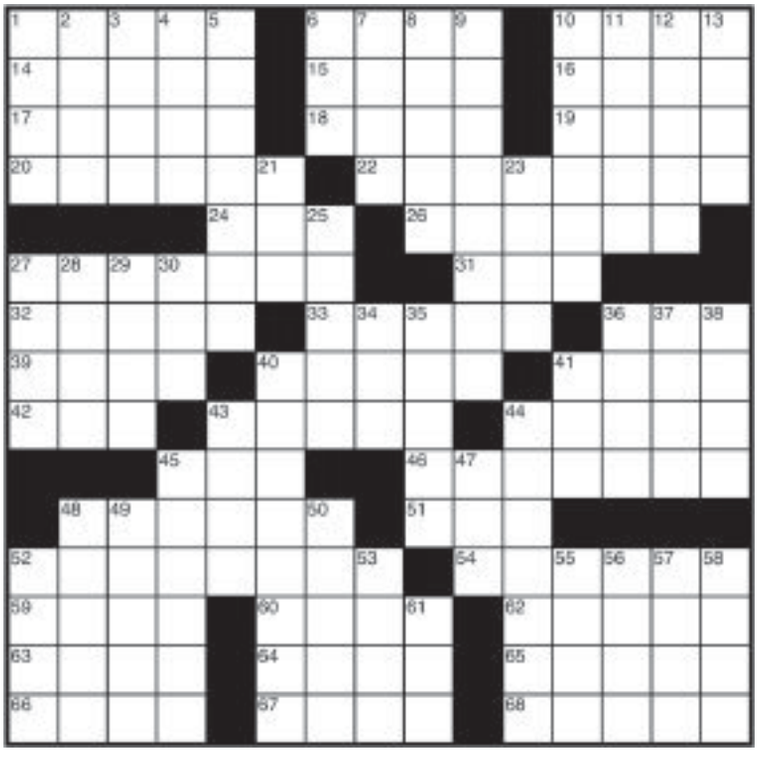
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Ecuador's capital
6 Ferret feet
10 Kind of pump
14 Of cities
15 Pre-college
16 Does very well
17 Graceful and quick
18 Kitty's fur
19 Minute amount
20 Dry place
22 Shrimp catcher (2 wds.)
24 Lout
26 Pal
27 Varnish
31 Swing voter (abbr.)
32 People devourers
33 Delete a file
36 Hive occupant
39 Bulrush or cattail
40 Find how many
41 Group of peers
42 Language suffix
43 English poet
44 Nemo's creator
45 Silent
46 Fostered a felon
48 Made a call
51 Reproach oneself for
52 Hats
54 Stretched to see
59 Rinse off
60 Lawn invader
62 Campaign issue
63 Drew on
64 Fit to — —
65 Prickly pear
66 Hecht and Franklin
67 Oxen harness
68 Exam score

Down
1 Dorm view
2 Sudden impulse
3 Heron cousin
4 Legend
5 Burdensome
6 Delt neighbor
7 Oodles (2 wds.)
8 Pier
9 Ravi Shankar, e.g.
10 Left port
11 The Huskies of the NCAA
12 Rationed out
13 11th-grade exam
21 -- kwon do
23 Zinfandel, e.g.
25 Refrigerant
27 Traditional learning
28 Historical periods
29 Manitoba tribe
30 Theorem ender
34 Dash off
35 Poet's adverb
36 Lancaster of films
37 Ocean-going bird
38 Inspected
40 Leave (2 wds.)
41 Travel option
43 Kind of buggy
44 Swerving
45 Inexpensive wheels
47 Tampa Bay pro
48 Stage
49 Place of refuge
50 Because of (2 wds.)
52 Primitive weapon
53 Be "it"
55 Romance, to Pedro
56 Auto-parts store
57 "By Jove!"
58 Edit out
61 Aberdeen's river

Weekend's answer



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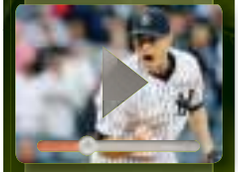
3 SPORTS

New great emerges

McIlroy claims Open title

Rory McIlroy held off a charge from Sergio Garcia to win his third major title and first British Open Championship. McIlroy wasn't as strong as he was in the first three rounds, but a 1-under 71 was enough to finish at 17-unde, two strokes better than Garcia and Rickie Fowler, who entered the day in second. McIlroy has now won every major except the Masters.

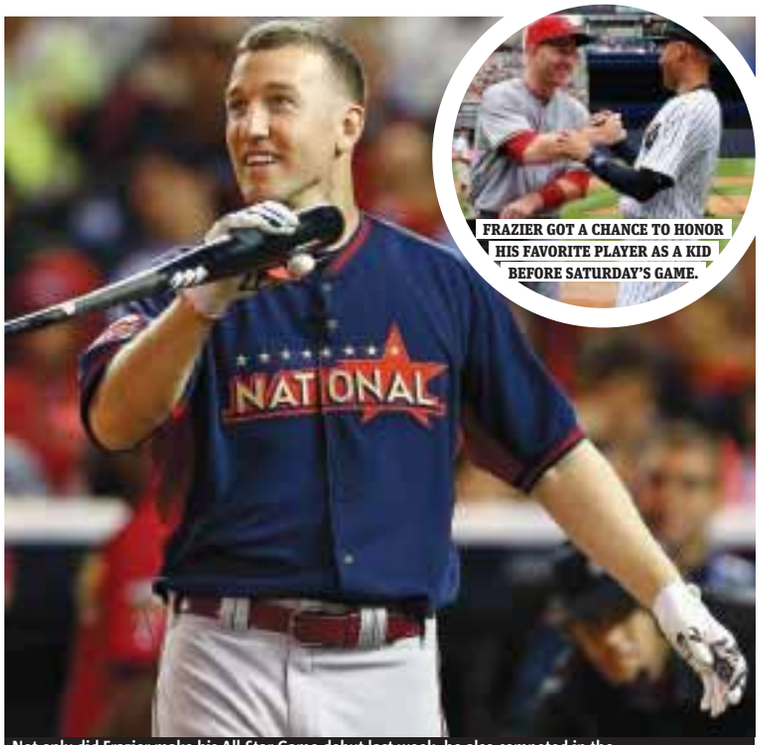
Watch online



Find video and recap of yesterday's Yankees-Reds and Mets-Padres games at: **Metro.us/sports.**

New Jersey's Frazier becoming Reds star

MLB. Rutgers product and Toms River native Todd Frazier just made his first All-Star appearance.



FRAZIER GOT A CHANCE TO HONOR HIS FAVORITE PLAYER AS A KID BEFORE SATURDAY'S GAME.

Not only did Frazier make his All-Star Game debut last week, he also competed in the Home Run Derby, where he finished second to Yoenis Cespedes. / GETTY IMAGES

Over the past week, the image of a 12-year-old Todd Frazier standing side-by-side with Derek Jeter at Yankee Stadium on Sept. 1, 1998, has been widely circulated on broadcasts and online.

Frazier, then a Little League World Series champion with Toms River, New Jersey, re-created the photo with Jeter at last week's All-Star game in Minnesota as the Reds star made his All-Star debut.

"We talked for a brief moment," Frazier said on Friday as his Reds visited Yankee Stadium for the first series after the All-Star break. "I told him they're kind of blowing this picture up of you and me back in the day and he said, 'Yeah, I'm feeling real old.' That's just the way he is. He's a nice guy, he's gracious. He took the picture with me."

Nearly 16 years after that famous photo, Frazier is becoming known for something else: The former Rutgers University star has turned into an All-Star, and he showed why with a game-tying home run in the eighth inning off Dellin Betances on Sunday.

Frazier was a star at Rutgers, where his older brother Jeff also played. He set school records with 42 home runs and 210 runs scored before being drafted 34th overall by the Reds in the 2007 MLB Draft. He already has the third-most MLB homers among Rutgers products, behind only Eric Young Sr. and David DeJesus.

Frazier was third in Rookie of the Year voting in 2012 and named the National League's most outstanding rookie in 2012 by the player's association. Last year, he slipped to .234 with 19 home runs and 73 RBIs, prompting some changes with his hitting mechanics midway through spring training with Cincinnati hitting coach Don Long, assistant hitting coach Lee Tinsley and former Reds' outfielder Eric Davis.

The consensus was that Frazier's swing should be influenced by some of the game's most-productive tall right-handed hitters, a group that includes former Yankee 6-foot-6 Dave Winfield.

"I'm in a better position," said the 6-foot-3 Frazier. "I feel a lot more comfortable. I'm seeing more pitches and I understand that, the one pitch that I miss, it's not going to be the end of the world."

The change has him off to the best season of his young career. He already has 19 home runs with more than 50 games left to play this season. He should also best his career-highs in hits, runs scored and runs batted in. He's stealing bases at a career-best clip with 15 on the season.

"Change is good sometimes," he said. "It's something that I think I really needed to work on. After the year that I had last year, I think any change would have helped me. So this year it's been a lot of fun."

LARRY FLEISHER
@LarryFleisher
sports@metro.us

Quoted

"I don't know how to make a good pie, so it was really fun to be back there and get that smell in the Toms River air."

Todd Frazier, Reds third baseman on getting a chance to visit his hometown for some pizza while playing against the Yankees

Yankees 3, Reds 2

Yankees walk off with win after Betances blows lead

The Yankees made it hard on themselves, but they did compete a sweep of the Reds with a 3-2 win Sunday.

Dellin Betances blew a 2-1 lead in the eighth inning on a home run by Todd Frazier, but Brian McCann's infield fly, bungled by Frazier and a host of Cincinnati infielders, gave the Yankees an unbelievable walk-off win.

Jacoby Ellsbury scored the game-winner after singling off Aroldis Chapman, stealing second and moving to third on a wild pitch.

Hiroki Kuroda, the only Yankees starter left from the beginning of the season, went 6 2/3 innings and allowed just one run. But after Betances got out of the seventh, he couldn't close the door in the eighth. David Robertson earned the win after a perfect top of the ninth inning.

MARK OSBORNE

By the numbers

3

The Yankees (50-47) are now tied for second in the AL East and just three games back of Baltimore after the Orioles were blown out by Oakland on Sunday.

All Brian McCann could do was laugh after his game-winning pop fly fell for a hit. / GETTY IMAGES

Despaigne tips his cap to the crowd after leaving the game.
GETTY IMAGES

MLB. Mets avoid no-hitter, fall in ninth after relievers bungle outs

It would've been fitting for the Padres to pick up the first no-hitter in the history of the franchise against the Mets.

They had to settle for just a win.

Rookie Odrisamer Despaigne came within four outs of no-hitting the Mets — the only other franchise without a no-hitter until Johan Santana's in 2012 — before Daniel Murphy broke it up in the eighth inning.

The Cuban righty was excellent in just his fifth career major league start. He finished with five strikeouts and just two hits in 7 2/3 innings.

But Murphy scored the game-tying run in the eighth on a David Wright single as the Mets looked to win the series in San Diego.

Instead, the Mets bungled a chance to start the second half with a road series victory. Vic Black walked the leadoff batter in the ninth and then allowed Cameron Maybin to reach second as he committed an error trying to field a sacrifice bunt.

Josh Edgin relieved Black and allowed the winning run to score when he couldn't field a ball on the infield cleanly and Seth Smith beat out the throw.

The Mets wasted a solid outing by Zack Wheeler, who allowed just one run over six innings — a solo homer by Yasmani Grandal.

MARK OSBORNE

So long?

Report: Giants' Snee may retire

SNEE IS A FOUR-TIME PRO BOWLER.
GETTY IMAGES

The Giants report to training camp on Tuesday, but Chris Snee may not be there when they do.

Fox Sports reported Sunday the longtime Giants offensive lineman will meet with the coaching staff on Monday to discuss his future. Snee did not practice with the team at all over the offseason due to surgery on his elbow and he missed all but three games last season. He's had hip surgery two straight years as well.

The Giants drafted Weston Richburg in May. Though he will battle for the starting center position, he also could be used at right guard.

Snee is the son-in-law of head coach Tom Coughlin. **METRO**

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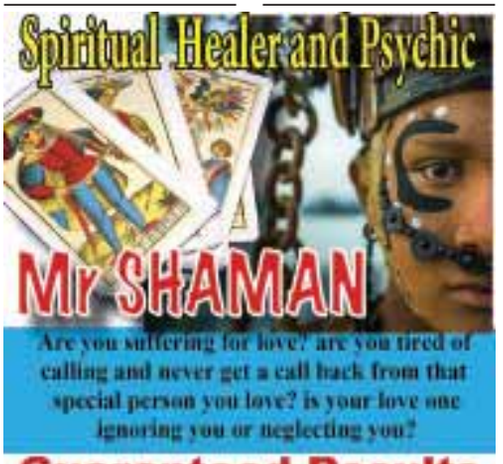

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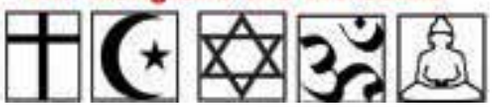

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA*

■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

#26

Blood Pressure Formulation

Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

#60

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. *This makes sense. Usually you can see how it benefits your skin within days. *Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60,New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA*

■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON*

Skeptics can call everybody. All are real people like you or your friends.

#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48%of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY*

■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53,Gardendale, AC*

■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC*

■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS*

■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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